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JOE LOFARO/METRO

PARADE GETS POLITICAL

Labour Day march takes on anti-Conservative tones metroNEWS

Farmers' market VP steps down as frustration grows

BUSINESS

Vendors upset with new location and poor sales

Joe Lofaro
Metro | Ottawa

The vice-president of the Ottawa Farmers' Market has stepped down as frustration grows among vendors who say they are upset by a year of low sales and problems with the market's new location.

Dan O'Brien, who sells beef from his farm at the market, resigned this weekend at a meeting between fed-up vendors and the market's board of directors, according to two vendors who were in attendance.

O'Brien could not be immediately reached for comment Monday.

Ida Vaillancourt, who owns Pork of Yore, said she doesn't know if she will return to Lansdowne after she and other members say they were treated unfairly by being asked to close early two Sundays ago.

The Ottawa Sports Entertainment Group told members to close by 1 p.m. instead of 3 p.m. on Aug. 30 because of the scheduled football game.

Vendors complain sales are now lagging and the atmosphere isn't as accommodating this season since the market moved from Brewer Park back to its original location at Lansdowne.

"At this rate, it costs us to go to market, Vaillancourt said. "The sales are in the toilet,"

Micheline Bégin, known as the "lamb lady," said her sales are down 40 per cent this season.

"I'm a direct casualty of Lansdowne," she said Monday.

Tiraislin Fold vendor Rosemary Kralik said an in-camera meeting would be scheduled in the coming days.

"It used to be a wonderful market."
Ida Vaillancourt

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Zimbabwe cools off on extraditing lion hunter. **World**

5 THINGS IN CITY POLITICS THIS WEEK

We're exploring a mix of Ottawa venues at city hall this week: posh apartments in the Glebe, low-income neighbourhoods, parks and the old Medical Arts Building. Read on to find out what's on local political minds. **Lucy Scholey** METRO

1 Glebe apartments

A developer's controversial plan to demolish six Glebe homes and build two waterfront apartments along the Rideau Canal will be before the planning committee on Tuesday. Critics of the modern design say it's too massive and incompatible with the neighbourhood. However, city staff says the planning committee should approve the apartments, which will house 18 units.

2 'Revitalized' neighbourhoods

The city is trying to pinpoint the ideal low-income neighbourhood for a new "revitalization" project. The planning committee will appoint a group of six councillors to work with staff on a plan that would improve the "health, vibrancy and livability of low-income neighbourhoods." Gloucester-Southgate Coun. Diane Deans has been pushing for Albion-Heatherington as the testing grounds for a new mixed-income neighbourhood.

3 Medical Arts Building

Councillors were split on the 27-storey hotel and mixed-use tower at the Medical Arts Building. Following the 11-11 vote at the last council meeting, the 180 Metcalfe St. project returns to the council chambers again on Wednesday.

4 Cash in lieu of parkland

Councillors may soon face restrictions on how much they can spend on plaques if city council approves the cash in lieu of parklands policy. Under the policy, developers can give cash to the city instead of building a park. However, River Coun. Riley Brockington found his cash-in-lieu fund was depleted, partly because his predecessor spent a chunk of the change on plaques around her ward. Some councillors on the planning committee felt the plaques were a thank-you for the sponsorship and asked they be restricted to projects costing at least $10,000. City councillors will consider this on Wednesday.

5 Victims of Communism

This is technically not city hall biz, but the National Capital Commission board is meeting on Tuesday morning. In the vaguely worded agenda, there's no clear mention of the controversial Memorial to the Victims of Communism or the outstanding mayoral requests for municipal representation on the board. However, we do know the NCC will be talking about its plan to pretty up the capital through illuminating key spots.

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Liberals' Bélanger maintains his hustle

There are Ottawa-Vanier residents old enough to vote who have had Mauril Bélanger as their MP for their entire lives.

In his eighth election campaign, the two-decade Liberal incumbent says he's "better prepared than (he's) ever been."

"I have never, ever taken anything for granted. I've worked hard — as hard as my adversaries can during every campaign," he said.

Bélanger was elected in a 1995 byelection with 60 per cent of the vote and has been re-elected six times. His vote share always stayed above 40 per cent until 2011, when it dipped to 38 per cent.

"People are generally very satisfied with the work I've been doing and my behaviour in the House," he said. "I don't engage in the hurling of insults.... I work well with members of my own caucus and of the NDP and the Conservative caucus."

Mauril Bélanger. THE CANADIAN PRESS FILE

He's known for his advocacy for the francophone community. His campaign trumpets his support for the Montfort Hospital and his role in securing funding for community projects such as the Wabano Centre for Aboriginal Health and Project STEP youth addiction centres.

Tories' Piccini aims to break status quo

David Piccini must like a challenge: The Liberal Party has had an iron grip on Ottawa-Vanier since 1935, and he's the Conservative candidate.

But Piccini, 26, is casting himself as an energetic, engaged candidate and argues he can be more present in the riding than its longtime incumbent.

"People are very receptive to a younger candidate running here," he said. "I hear it time and time again at the doors: 'I've never met my member (of Parliament).'"

Piccini, a 10-year resident of the riding, worked in the public service as a market analyst at Agriculture Canada and policy analyst at Service Canada before jumping to the political side to work in the office of International Trade Minister Ed Fast.

He said that uniquely positions him to be an effective MP.

David Piccini MICHAEL WOODS/METRO

"We have such a vibrant community and we should really be the pride and joy of Ottawa — and we're not," he said. "We still suffer from issues with respect to safety on the streets and communities. We have the truck congestion that still mars our downtown, and a corridor from Montreal Road right downtown through Rideau that needs a vision and revitalization."

MICHAEL WOODS/METRO

NDP's Taman fired to fight for office

ELECTION 2015

RIDING PROFILE: OTTAWA-VANIER

Michael Woods
Metro | Ottawa

Election candidates all make sacrifices, but Emilie Taman's was a big one: she got fired from her old job to run for member of Parliament.

Taman made news as a federal prosecutor for defying a Public Service Commission ruling forbidding her from seeking the NDP nomination.

She lost her job but won the party nomination on Aug. 25. Now, she has to convince voters to turn to the New Democrats in a riding that has always been Liberal red.

"People who don't live in the riding invariably say to me, 'Why would you go up against Mauril Bélanger? He's beloved, he's entrenched.' But that's not consistent with what I'm finding at the door," she said.

Taman, the daughter of former Supreme Court justice Louise Arbour, has a passion for justice policy and says she's a sincere, straightforward consensus-builder.

"I think because I'm relatively new to politics, I bring a particular openness," she said. "I'm just not constrained by having been a politician for a long time."

She is confident this is the NDP's time in Ottawa-Vanier. The party's membership in the riding has grown exponentially this summer, she says, and she thinks many new members are disaffected Liberals.

Public servants who have never been involved in politics before have reached out to support her, unsure of how publicly they can do so for fear of repercussions at work. She said they see her as a candidate who understands their perspective.

The incumbent Bélanger has particularly strong support among the riding's large francophone population. Taman, who is fluently bilingual, said she looks forward to meeting with leaders of the Franco-Ontarian community to persuade them she'll advocate "just as much, if not more than Mr. Bélanger has been."

She hopes to be an active and engaged MP under NDP Leader Tom Mulcair. She says the NDP is progressive voters' best strategic choice, both because it has more incumbents than the Liberals and because of its national momentum.

Emilie Taman lost her job as a federal prosecutor for seeking the nomination. CONTRIBUTED

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FACTS AND FIGURES

Red runs deep in neighbourhood

Ottawa-Vanier is as red a riding as you'll find; it has been Liberal since its creation in 1935.

Mauril Bélanger was first elected in a 1995 byelection and has been re-elected six times. But the NDP increased its vote share by more than 12 percentage points in the 2011 election.

The riding of nearly 104,000 people is mostly bound by the Ottawa River to the north and Highway 417 to the south, stretching from the Rideau Canal to Green's Creek. It is socio-economically diverse, featuring Rockcliffe Park as well as Vanier and Overbrook. It also has a large francophone population. MICHAEL WOODS/METRO

The riding holds both wealthy Rockcliffe and lower-income Vanier. COURTESY ELECTIONS CANADA

BACKGROUND

Candidates:

Mauril Bélanger, Liberal
Nira Dookeran, Green
David Piccini, Tory
Emilie Taman, NDP

2011 results:

Mauril Bélanger, Liberal: 38%
Trevor Hache, NDP: 29%
Rem Westland, Tory: 27%
Caroline Rioux, Green: 5%

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Members of the Ontario Secondary School Teachers' Federation protest their concerns regarding the ongoing work-to-rule job action. JOE LOFARO/METRO

Labour Day rally turns anti-Harper

UNIONS

Change in government major theme at annual parade

Joe Lofaro
Metro | Ottawa

With a federal election in full swing, union leaders took to the streets of downtown Ottawa on Monday in one of the most animated Labour Day parades in recent years to call for a change from Prime Minister Stephen Harper's government.

Marchers wore "Stop Harper" pins and T-shirts as they made their way down Elgin Street toward McNabb Park in the annual parade celebrating the labour movement.

Wearing the anti-Harper pin, Debi Daviau, the president of the Professional Institute of the Public Service of Canada, shouted into a megaphone as she guided her members through the city's core. The march comes after the union accused the federal government of "intimidating" its employees with memos discouraging them from participating in political events.

While not intended to be political, Monday's parade definitely had an anti-Conservative undertone.

Daviau said some of the key issues for her in the election is the muzzling of government scientists and putting an end to outsourcing government services.

"We're legitimately prioritizing having a change in government so that we can finally get back to where we ought to be. (To) restore the balance of public service in this country," said Daviau.

There were waves of red, orange, and even some green in the parade, but participants were hard pressed to easily spot Conservative representatives in the parade.

However, the parade wasn't all about federal labour disputes.

Pat Dixon, union representative with the Ottawa Carleton Elementary Occasional Teachers' Association marched in the parade as her members are in the middle of a work-to-rule job action.

"If we didn't have unions, we'd be in very big trouble with this country," said Dixon.

"We wouldn't have the benefits that we have now that we take for granted. Maternity leave, paternity leave. It's important that people realize that unions are not greedy beasts who are out there to scam the public."

BACKGROUND

Beyond federal disputes

Protesting Unifor members drove taxis down the street as their colleagues continue to strike outside the Ottawa airport over a labour dispute regarding an increase in pickup fees.

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TRANSPORTATION

Rural residents upset over new bus policies

Metcalfe resident Lori Brunette has a dilemma.

Her boys — ages seven and 10 — are expected to walk to school this year after the Ottawa Student Transportation Authority, which operates bus services for the public and Catholic school boards, changed the walking zone for St. Catherine Elementary School to include a nearby city pathway. That puts the siblings under the 1.6 kilometre threshold to keep them off the yellow buses they're used to.

The only problem, Brunette said, is that pathway is not maintained in the winter months because of a wooden footbridge the city can't plough. To go around, the boys would actually have to walk 1.8 kilometres to school, 200 metres more than OSTA allows.

Brunette has had to consider getting after-school care for them, since making them walk actually gets them home 15 minutes sooner than they used to. With a 3:45 p.m. afternoon bell time, that means they'll be home alone for a few minutes before she or her husband can get home around 4:30 p.m.

But OSTA's general manager Vicky Kyriaco said it's not the authority's responsibility to make sure every child's schedule works for the family.

"Walk zones are not a new concept," she said. "Having to make alternate arrangements is not new. We don't want to be heartless, but at the same time it's not necessarily up to school boards to make arrangements to assist those families."

EMMA JACKSON/METROLAND MEDIA

BACKGROUND

The Ottawa Student Transportation Authority agrees the boys are still too young to be left alone at home — even if it's just for 15 minutes. Its own policy says anyone under the age of 11 should be "accompanied by another responsible person."

> **Having to make alternate arrangements is not new.**
> OSTA's general manager Vicky Kyriaco

INVESTIGATION

Via Rail probing cab driver incident

Via Rail is investigating a video posted to YouTube showing a taxi driver harassing a purported Uber driver picking up passengers at the Ottawa train station.

"I'm calling the police right now. Uber is illegal in Ottawa," says the man in the video who appears to steal the two female passengers away from the Uber driver.

Via said in a statement it was not made aware of the incident until it was contacted by members of the media.

The video ends with the Uber driver removing the women's luggage from his car and the taxi driver saying, "This is a regular taxi, guys. It's more safe, it has commercial insurance."

JOE LOFARO/METRO

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> Ottawa taxi driver to passengers at a Via station

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Johanne Wagner with Binh, 3, on April 24, the first day at Ronald McDonald House after release from Sick Kids Hospital. Binh received her liver donation two months after her twin sister Phuoc received a piece of the liver of her father, Michael Wagner. RICK MADONIK/TORSTAR NEWS SERVICE

Liver transplant twins start school

PEOPLE

Girls thriving after life-saving surgeries

Little Binh and Phuoc Wagner hopped onto a school van recently on their way to kindergarten class for the first time.

Their parents, Johanne and Michael, couldn't get over the normalcy of the situation.

At this time last year, there were some thoughts, however fleeting, that the twin girls from Kingston might never make it to school. They had just been placed on a transplant waiting list for new livers because of the effects of Alagille syndrome, a rare genetic disorder that affects vital organs.

Without new livers, the girls would die.

Michael was willing to donate part of his liver, but he couldn't give to both girls. And he wasn't sure if he'd be a match for either child. So the family went public, their story capturing the world's hearts.

It turns out Michael was a match, and he let doctors choose which daughter would get his liver. The other would have to wait.

Doctors chose Phuoc and performed surgery in February, giving her part of Michael's liver. Then they waited. Two months later they found another donor. That one was anonymous.

Life was chaotic. Now it's calmer, as calm as it can be for a family with nine children.

"It was quite normal, almost anti-climactic, but this is the way it's going to be and we don't have to get stressed out as much anymore," Michael Wagner says.

Life has completely changed for the Wagners and their nine children. The twins, who are developmentally delayed because of the damage their failing livers inflicted upon their bodies, are reaching new milestones daily. Their skin glows. It used to have a yellow tinge, as did their eyes.

The feeding tubes have been removed from their bellies. Their medications, which numbered in the dozens, have been drastically reduced. They can talk. They can dress themselves. And they've finally moved out of the cribs into their parents' bedroom into "big-girl beds" in their own room. The girls are no longer in immediate danger.

"Tonight we're dealing with a little girl who doesn't want to drink her milk," Michael Wagner says. Just a few months ago, however, the situation was drastically different.

Binh struggled after receiving the transplant surgery. She ended up in intensive care for a week. Her diaphragm was partially paralyzed and she needed machines to breathe. She had a seizure.

And white blood cells from her new liver caused an immune reaction against her own red blood cells.

At that time, in Quebec City, Johanne's father fell out a chair, broke his pelvis and hit his head. He was in bad shape. Johanne had to decide whether to leave her struggling daughter in Toronto or head to Quebec.

"It was tormenting, you don't know where to put yourself," she says.

"Then I thought what my dad would tell me if he was able to speak — he would have said: 'You have to stay with your girl' as he would have done with his girl."

So she stayed. But then her mother had an angina attack when she heard about her husband's bleak prospects and was taken to the same hospital. Johanne's mother was able to be with her husband for the last 45 minutes of his life. He died from a cerebral hemorrhage.

After several transfusions, meantime, Binh got better.

That's when the milestones began for the twins. They finally got to see the ocean in Nova Scotia and visited their other grandparents.

Nonetheless, the girls aren't totally out of the woods. They're vulnerable to disease and infection because of the immunosuppression drugs they'll be on for the rest of the lives. And they are vulnerable to strokes if they hit their heads because of the Alagille syndrome.

Those concerns didn't stop them from enjoying their first day on Thursday at École Élémentaire Publique Madeleine-de-Roybon.

They laughed and played and ate their entire lunch. It was just a normal day. THE CANADIAN PRESS

Michael Wagner tears up at a news conference in April. AARON VINCENT ELKAIM/THE CANADIAN PRESS

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Sam Hammond, president of the Elementary Teachers' Federation of Ontario, at podium, with delegates at the annual general meeting in Toronto Aug. 18. MELISSA RENWICK/TORSTAR NEWS SERVICE

School's in, but strife remains

EDUCATION

Labour talks, parental woes colour the first day of classes

Ontario schools resume this week in a more stable state than when they closed in June amid the threat of massive teachers' strikes, but it will not be entirely problem-free, with work-to-rule campaigns and controversy over a new sex-education curriculum lingering.

Over the summer the Liberal government was able to negotiate contracts with high school teachers and English Catholic teachers, but deals with the Elementary Teachers' Federation of Ontario, francophone teachers and education workers are still outstanding.

Elementary teachers will not be planning fundraising activities or field trips or attending open houses after regular school hours. The union is calling the administrative strike Phase 2 of its work-to-rule campaign started in the spring.

But where talks broke down several times in the spring, the parties are now back at the bargaining table. The Education Ministry said progress has been made and talks continue Tuesday.

The Canadian Union of Public Employees said the support staff it represents across all boards will be staging their own work-to-rule campaign. Staff won't be working through their lunches, taking work home or attending unpaid meetings, CUPE said. But they too have bargaining dates with the government — five so far over the next two weeks — and hope in that time they can reach a deal.

The last school year wrapped amid talk of all major teachers' unions being on some form of strike in the fall, but deals were recently reached with the Ontario Secondary School Teachers' Federation and the Ontario's English Catholic Teachers Association.

Where tensions don't seem to have eased is among parents upset by a new sex-education curriculum being implemented in schools this year.

Feras Marish, with Parents Against Ontario's Sex-Ed Curriculum, said over the summer parents belonging to his group have become more informed on the "dangers" of the curriculum.

"It started by being emotional, parents worried about their kids because the topic itself is taboo and it's known to be dangerous," he said.

Now he said the group wants to debate the government on the scientific merits of the curriculum, saying the curriculum forces children to make sexual decisions before they are capable.

In at least one school board, the sexual education lessons will not be taught until next spring. That's in part to allow for the elementary teachers' labour strife to be resolved, as their work-to-rule involves not participating in ministry-directed training, such as on the new curriculum, but also to allow for more communication with parents, said Jeff deFreitas of the Peel District School Board.

"Not to belittle the conversation, but the actual components of the curriculum that people are concerned about are such a small part of a very large curriculum document," he said.

Some parents have threatened to pull their kids from school over the curriculum, and Marish said home-schooling is being encouraged among his group.

But at a Toronto school that saw a more than 90-per-cent absentee rate on a day parents kept their kids home to protest the curriculum, the superintendent has not received any more home-schooling requests than she has in previous years, said a spokesman for the Toronto District School Board.

Education Minister Liz Sandals has staunchly defended the curriculum, saying it was last updated in 1998, "long before Facebook and Snapchat became part of everyday life," and now it gives kids information that can help keep them safe and healthy.

Under the changes, Grade 3 students will learn about same-sex relationships, kids in Grades 4 and up will learn more about the dangers of online bullying, while the perils of sexting will come in Grade 7.

Lessons about puberty will move from Grade 5 to Grade 4, while masturbation and "gender expression" are mentioned in the Grade 6 curriculum. Anal sex is part of the Grade 7 curriculum, in the context of choosing to abstain from or delay certain activities in order to avoid sexually transmitted infections.

THE CANADIAN PRESS

Ontario Education Minister Liz Sandals.
FRANK GUNN/THE CANADIAN PRESS

> **The actual components of the curriculum that people are concerned about are such a small part of a very large curriculum document.**
> Jeff deFreitas, Peel District School Board

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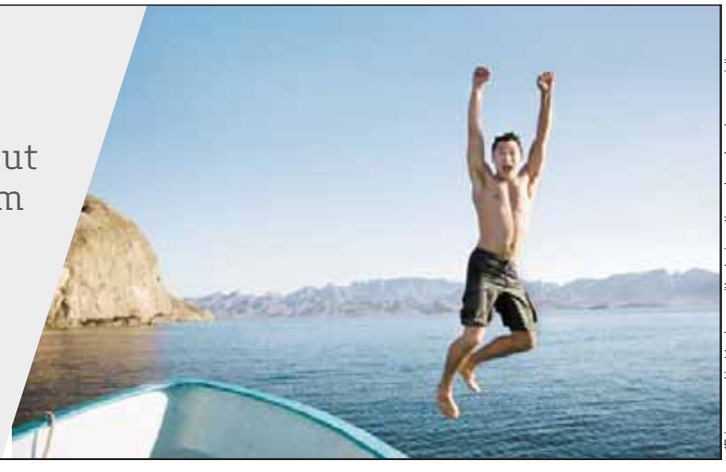
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Jihad Al Mawed is in Edmonton is worried the Canadian government's denial of his refugee status could force him and his family to return to Syria. LIAM KAVANAGH-BRADETTE/ FOR METRO

To be a citizen of no country

metro The Syrian Crisis
The Tragedy

Crisis renders Syrian-born Palestinian man stateless

Tim Querengesser
Metro | Edmonton

In an Edmonton apartment echoing with the cellphone ring tones and Arabic greetings of his extended family sits Jihad Al Mawed, silently worrying about his wife and children in Dubai.

Al Mawed is a Palestinian, born in Syria, who's now been denied refugee status in Canada. But that's of less concern to him than what the decision could mean for his wife and five children back in the United Arab Emirates, all because of the war in Syria. "My family is in risk," Al Mawed says.

In March 2014, Al Mawed left Dubai for Edmonton to see his dying mother. He had lived in Dubai since 1987 as a temporary worker and his children were born there, but received no permanent residency.

He stayed longer than expected in Edmonton, however, as his mother, also a Palestinian-Syrian refugee, suffered for months before dying last June.

That extension spiralled into a dilemma. After just one month here, Al Mawed says, he was told he had lost his job driving a bus in Dubai.

For a UAE citizen, this would be an inconvenience; for a temporary UAE resident, however — in a nation that deports temporary workers regularly — he says the lost job could see his family deported back to Syria's chaos.

"I'm scared. My family is in risk. My visa (in UAE) is finished and now they will maybe send my family back to Syria. I'm scared my kids will be forced into the army and fight in the war. We don't want any part in the war. My home in Syria ... is already destroyed. I wanted to bring them to Canada."

Unlike most of the 12 million displaced Syrian nationals currently seeking asylum from their country's bloodshed, as a Palestinian refugee with Syrian documents, Al Mawed has even fewer options.

Jordan now accepts Syrian refugees but often refuses Palestinian refugees.

The same anti-Palestinian policies, either overt or subtle, apply to several other countries as well, including Lebanon, which has accepted one million Syrian refugees. Al Mawed fears, any deportation from the UEA could see his family end up back in Syria.

> **He's double discriminated (against) because He's a stateless Palestinian.... The truth is, nobody wants him.**
> Simon Trela, lawyer

As many in Canada are demanding their leaders act to help Syrians immigrate to safety, the many caveats Palestinians linked to Syria face are hard for even immigration experts to explain.

In March 2014, Al Mawed applied to be a refugee in Canada but was refused.

In July 2014, the Immigration and Refugee Board of Canada inspected his application and ruled he's not a refugee under its definitions and "not a person in need of protection."

In April 2015, his appeal was dismissed.

The first decision noted Al Mawed could not provide adequate proof he had lost his job in UAE. Next, the appeal refusal noted Al Mawed's family's fate in UAE cannot "be a factor in this decision."

The only recourse left to Al Mawed is a federal hearing, which was granted for this November.

Simon Trela, a lawyer with Tarrabain Raponi & Company in Edmonton, has been representing Al Mawed since his first application was denied.

Trela concedes the only evidence he has that Al Mawed has lost his job in Dubai is his client's assertion of that — and this is the central argument the Immigration Board has focused on.

But regardless, Trela says, Canada is "setting Al Mawed up for failure." He says Al Mawed's not allowed to get a drivers license or study English here, thus it's hard for him to work.

Further, Trela says, Canada has barred him from going back to the UAE, while also denying him refugee status and allowing him to sponsor his family to come here.

"He is so desperate. His family is there," Trela says.

On Al Mawed's worry that his family will be deported to Syria, Trela notes that the UAE often expels foreigners but doesn't force them to go anywhere. But, given the lack of welcome many Palestinians face, he says, there is a possibility Al Mawed and his family could be forced back there. "I think he's double discriminated [against] because he's a stateless Palestinian," Trela says. "The truth is, nobody wants him."

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Stephen Harper helps Saji Mangalathu prepare bags of curry leaves in Toronto on Monday. ADRIAN WYLD/THE CANADIAN PRESS

Tories drop 2 candidates

ELECTION 2015

Embarrassing videos surface of two Toronto Conservatives

The Conservatives stumbled as the federal election reached an unofficial milestone on Monday, dropping two candidates from their slate in the important battleground of the Greater Toronto Area after embarrassing videos surfaced in the mainstream media and online.

Jerry Bance, who was running in Scarborough-Rouge Park, was the first to go after reportedly being caught on camera urinating into a coffee cup while he was an appliance repairman.

The day got worse as Tim Dutaud, the candidate in Toronto-Danforth, was declared persona non grata by the federal party a short time later.

A Conservative official confirmed a man seen making prank calls in several YouTube videos — including one where he pretends to have a mental disability — is Dutaud.

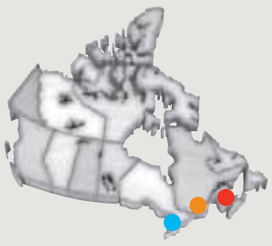
The revelation came just before Prime Minister Stephen Harper said re-elected Conservatives would improve a federal disability grant program, one championed by Jim Flaherty, the late finance minister.

During a campaign stop in Mississauga, Ont., Harper tersely attempted to put the best spin on the losses when asked what the incidents said about the quality of candidates he was attracting.

"What this says is that we keep the highest standard for candidates and these two individuals are no longer candidates," said Harper, who later in the five-question availability indicated that the Conservatives would find replacements for both ridings.

Bance, who runs an appliance repair company, was bounced from the Conservative slate after the CBC reported its hidden cameras on the show Marketplace caught him urinating into a cup while he was on a service call in 2012. THE CANADIAN PRESS

WHERE THE LEADERS ARE TUESDAY



- **Stephen Harper** will be in Ontario: Mississauga and St. Catharines.
- **Justin Trudeau** will be in Amherst, N.S. and Fredericton, N.B.
- **Tom Mulcair** will be in Montreal and Toronto.

Elizabeth May's itinerary was unavailable.

TEMPORARY FOREIGN WORKERS

Foreign sailors paid $2 per hour: Union

The Seafarers' International Union of Canada is preparing to take the federal government to court over the use of foreign sailors — some of whom are allegedly being paid as little as $2 per hour — on internationally-flagged ships in Canadians waters.

The labour group, which represents unlicensed sailors in all of the country's coastal waters, has been firing warning shots for month over the growing refusal of shipping agents to hire Canadian crews — something to which the federal government has allegedly has turned a blind eye.

The union intends to ask the Federal Court in Vancouver on Tuesday for a judicial review of the practice of issuing the foreign sailors temporary work permits.

The union points to the 60,000 ton, Greek-owned tanker Amalthea, which was just in the Port of Montreal and licensed to be transporting crude oil in Canadian waters until Sept. 13.

> **The law says those jobs should go to qualified Canadians first.**
> Seafarers' union president James Given

Fourteen employment contracts show hourly wages for non-licensed crew members range from as little as $2.13 to $8.80, depending upon the job and before overtime.

Seafarers' union president James Given said such exploitation is common in international shipping, where companies will hire sailors from the Philippines, Indonesia or other poor countries for a tiny fraction of what Canadians would make.

THE CANADIAN PRESS

Hunter may go scot-free

ZIMBABWE

Prosecuting lion killer 'bad for business,' official says

Zimbabwean authorities seem to have cooled off on pursuing the case against Minnesota dentist Walter Palmer amid fears having the American bow hunter extradited for killing Cecil the lion could hurt Zimbabwe's hunting business.

It has been a month since Environment, Water and Climate Minister Oppah Muchinguri announced that the police would process paperwork to have Palmer extradited for participating in a hunt that authorities here said was illegal. On Monday there were no new developments in the matters, police spokeswoman Charity Charamba said.

"I still have nothing on that case," she said.

The National Prosecuting Authority, which is responsible for processing extradition requests, said Palmer was not on its files because the police had yet to process a docket for Palmer, a dentist from suburban Minneapolis.

Protesters outside Dr. Walter James Palmer's dental office in July. Palmer gave an interview Sunday in which he disputed some accounts of the hunt, expressed agitation at the animosity directed at those close to him and said he would be back at work within days. THE ASSOCIATED PRESS

In an interview on Sunday in Minneapolis, Palmer said he believes he acted legally and that he was stunned to find out his hunting party had killed a treasured animal in July. Cecil was a fixture in Zimbabwe's Hwange National Park and had been fitted with a GPS collar as part of Oxford University lion research.

Pursuing Palmer without a concrete case could rattle potential big-paying customers from the United States, said both a Zimbabwean government official and safari operators.

Theo Bronkhorst, a Zimbabwean professional hunter who helped Palmer, has been charged with "failure to prevent an illegal hunt." Honest Ndlovu, whose property is near Hwange National Park, faces a charge of allowing the lion hunt to occur on his farm without proper authority. Palmer's hosts should have ensured the hunt was legal, said Emmanuel Fundira, chairman of the Safari Operators Association of Zimbabwe.

"These are the people expected to know the rules and advise clients accordingly," he said. "Clients may end up thinking twice before coming to Zimbabwe if such cases are not handled carefully. Authorities have to be sure there is a case before pushing for the extradition of these hunters."

> **"American hunters spend big. They are a huge market for us.**
> Senior Zimbabwean official, who refused to be named

Hunting supports about 800,000 rural Zimbabwean families, said Fundira.

Having Palmer extradited would "be bad for business," said a senior official in the ministry of environment, water and climate, who refused to be named because the killing of Cecil is before the courts.

"American hunters spend big. They are a huge market for us," he said. "We still want them here. Zimbabwe sends delegations every year to lure those hunters to bring their money here. They will stop coming if the risk of arrest is high." THE ASSOCIATED PRESS

TAJIKISTAN

Chance photo could send gardener back to school

A city gardens worker in the capital of Tajikistan has become a local celebrity through a chance picture taken by a visiting Romanian photographer.

Internet and local TV reports about 19-year-old Munira Mirzoyeva's inclusion in the Atlas of Beauty — an online compendium of the diversity of feminine beauty around the world — have made her readily recognizable on the streets of Dushanbe where she plants flowers.

She hopes this newfound fame will help rescue her from relative poverty. She wants to resume her studies so she can get a job better suited to supporting her family in the former Soviet nation in Central Asia, where she shares a one-bedroom apartment with her parents and four younger siblings.

Mirzoyeva's dream is to become a doctor, although she was forced by poverty to stop her education while still in elementary school.

Following her improbable rise to fame, online groups have sprung up to raise money to send her back to school. That has sparked a hope that appeared remote until only a few weeks ago.

"If the chance presents itself, I will definitely continue my studies, because that is my biggest dream," Mirzoyeva said. "I like my job as a gardener, but because I don't have the opportunity, I cannot study. But if I get the chance, I will definitely do it." THE ASSOCIATED PRESS

Munira Mirzoyeva's inclusion in a photographer's online project has made her a local celebrity. PETER LEONARD/THE ASSOCIATED PRESS

metro The Syrian Crisis

Putin considers entering conflict

Signs of an ongoing Russian military buildup in Syria have drawn U.S. concerns and raised questions of whether Moscow plans to enter the conflict. President Vladimir Putin has been coy on the subject, saying Russia is weighing various options, a statement that has fueled suspicions about the Kremlin's intentions.

Observers in Moscow say the Russian manoeuvring could be part of a plan to send troops to Syria to fight ISIL in the hope of fixing fractured ties with the West. They warn, however, that Putin would likely find it hard to sell his idea to a skeptical U.S. and risks potentially catastrophic repercussions if he opts for unilateral military action in Syria.

While Putin said Friday there is no talk "just yet" about Russian troops joining the fight, he seemed to keep the door open for the possibility, saying "we are looking at various options." THE ASSOCIATED PRESS

metro The Syrian Crisis

Migrants break police lines

Several hundred Arabs, Asians and Africans tired of waiting for buses broke through Hungarian police lines near the Serbian border Monday and marched north on the main highway to Budapest as authorities once again demonstrated an inability to control the human tide passing through Hungary.

Police repeatedly tried to form lines blocking roadways around a migrant holding centre near the border village of Roszke, but the asylum seekers vastly outnumbered police and were easily able to outflank the lines of officers, jogging through farm fields to reach the M5 motorway linking Hungary to Serbia.

Traffic was halted in both directions as backpack-clad asylum seekers walked briskly on the edge of the highway, groups of police walking alongside them but not trying to stop them. A lone police helicopter monitored their progress at sunset.

As the lead marchers passed media filming their progress from a highway overpass, dozens raised their arms in celebration and chanted "Germany! Germany!"

The move mirrored last week's surge of migrants west from the capital, Budapest, toward Austria in mass protests that forced Hungarian authorities to relent on security grounds and move thousands in a fleet of buses to the Austrian border. Hungary also has stopped checking foreigners for travel visas at train stations, making it easier for the newcomers to leave Hungary for the wealthier West, particularly Germany. THE ASSOCIATED PRESS

IN BRIEF

Lightning kills 22 people in southeast India

Lightning has killed 22 people, mostly farm labourers working in fields, across the southeastern Indian state of Andhra Pradesh, officials said Monday.

The fatalities occurred Sunday evening when thunderstorms and rain lashed eight districts in Andhra Pradesh, said N. Chandrababu Naidu, the state's chief minister.

Two women's cricket teams had a narrow escape when lightning struck a tree on the grounds where they were playing in Guntur town, said Sitapati, a district cricket official.

Lightning strikes are common during India's monsoon season, which runs from June to September. However, Sunday's toll was unusually high. THE ASSOCIATED PRESS

Mother reports to jail for taking daughter in 2004

A mother who fled the U.S. with her daughter to Central America more than a decade ago amid a custody dispute with her ex-husband reported to jail Monday.

Genevieve Kelley pleaded guilty in June to misdemeanour charges of custodial interference for taking her then-eight-year-old daughter out of the country in 2004. Additional felony charges of custodial interference and witness tampering were dropped.

Under a plea deal, Kelley will serve 10 months in county jail. Her current husband, Scott Kelley, pleaded guilty to the same charges and was sentenced to five months.

The judge staggered the sentences — with Scott Kelley going first — so their 10-year-old son wouldn't be without a parent. THE ASSOCIATED PRESS

Piece of Hilo statue stolen

Part of King Kamehameha's spear is missing.

Police on Hawaii's Big Island are asking the public for help locating the top section of the spear that's part of the statue of the Hawaiian warrior in Hilo.

Police say the spear was last seen Saturday and was reported missing Sunday.

The bronze spear with a golden tip is about 1.8 metres long.

Kamehameha the First is known for uniting the Hawaiian islands in 1810. THE ASSOCIATED PRESS

Hearings to begin for Alberta Clipper

ENBRIDGE

Cross-border crude oil sands project opposed in U.S.

A U.S. court begins hearing arguments this week in a lawsuit that claims increased volumes of oil sands crude have been allowed to flow from Canada into the United States without adequate public input or environmental review.

Indigenous and environmental groups filed a lawsuit late last year against the U.S. State Department and Secretary of State John Kerry in federal district court. Hearings start in Minneapolis on Thursday.

"Plaintiffs' members face increased risk of harm to their health, recreational, economic, spiritual and aesthetic interests as a result of the State Department's decision to allow projects with significant environmental impacts to proceed without fully analyzing and considering the impacts," the groups said in a complaint filed in February.

Protesters gather in front of U.S. Secretary of State John Kerry's home in Washington, D.C. Advocacy groups are urging Kerry to stop the pipeline expansion. MARK WILSON/GETTY IMAGES

At issue are a pair of Enbridge oil pipelines between Hardisty, Alta., and Superior, Wisc.: Line 3 and Line 67, also known as Alberta Clipper.

Both pipelines have presidential permits, the same crucial approval for cross-border infrastructure that TransCanada Corp. has been painstakingly trying to obtain for its Keystone XL project since 2008.

The two sides disagree over whether it's necessary to go through that process again if more crude is to flow through those lines.

"Enbridge is operating its pipelines consistent with the presidential permits and other permits that it holds for Lines 3 and 67, while meeting its responsibility and obligations to serve its shippers' needs," said Enbridge spokesman Graham White in an email.

In court documents, the defendants say the claims "lack merit" and ask the court to "dismiss the complaint in its entirety with prejudice."

The plaintiffs include the White Earth Nation, an Ojibwe reservation in northern Minnesota; Honor the Earth, an environmental group based on the White Earth Nation; Indigenous Environmental Network; Minnesota Conservation Federation; MN350; Center for Biological Diversity; Sierra Club and National Wildlife Federation.

THE CANADIAN PRESS

ENERGY

Nexen permitted to reopen pipelines

Nexen Energy is being allowed to reopen some pipelines at an Alberta oilsands operation after provincial regulators suspended the licences for them last month.

The Alberta Energy Regulator says that after inspecting Nexen's Long Lake facility and reviewing documents, it has determined that about 40 utility pipelines that carry fuel gas, natural gas and water pose a low risk to public safety and the environment.

It says Nexen has demonstrated the utility lines can be operated safely and within all regulatory requirements.

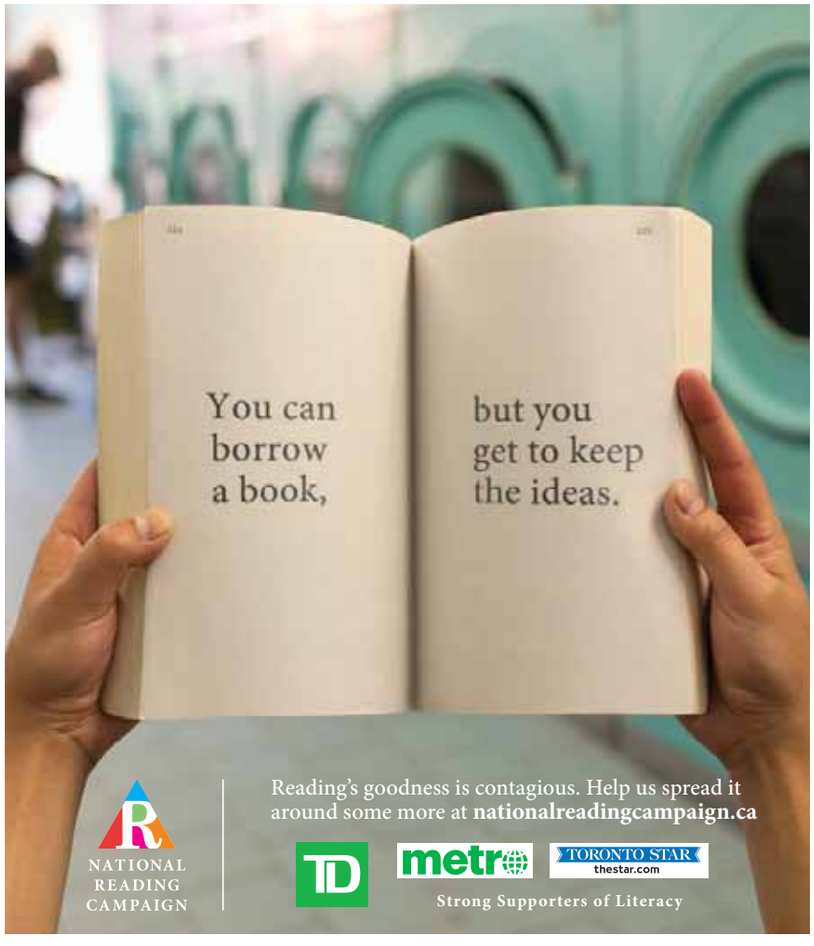
But the regulator says the remaining 55 pipelines affected by the order, which contain products including crude oil, natural gas, salt water, fresh water and emulsion, must stay closed until the company can demonstrate they're safe.

The regulator revoked the operating licences for the lines at Long Lake on Aug. 28 due to what it called non-compliance surrounding pipeline maintenance and monitoring.

THE CANADIAN PRESS

IN BRIEF

Microsoft seeks definition of when police can access company records from court
Microsoft wants a federal appeals court this week to agree that the U.S. reached too far when it sought a customer's emails that are stored in Ireland. The software company will argue Wednesday that the 2nd U.S. Circuit Court of Appeals in Manhattan should overturn a lower court ruling that grants U.S. narcotics investigators authority to review the customer's email records stored by Microsoft in Dublin. In court papers, Microsoft has called on Congress to better define when the records can be accessed. U.S. prosecutors say two judges ruled correctly, adding they can be accessed by Microsoft workers in the U.S. and laws permit such access for criminal probes. THE ASSOCIATED PRESS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ACQUISITIONS

Canadian-backed group buys South Korean supermarket

Two Canadian pension plans are part of a consortium that purchased South Korean supermarket chain Homeplus from British retailer Tesco for around $6 billion U.S. on Monday.

The Canadian Pension Plan Investment Board said it spent $534-million U.S. for a 21.5 per cent stake in the company.

The Public Sector Pension Investment Board, which manages investments for the federal public service and the Canadian Forces among others, was also a part of the deal but did not disclose its contribution.

The deal is expected to close in the fourth quarter of 2015, pending approval from the South Korean government and Tesco's shareholders.

Homeplus is South Korea's second-largest retailer, with more than 1,000 outlets across the country. It was originally founded as a joint venture between Samsung and Tesco in 1999.

South Korean private equity firm MBK Partners led the deal and said the consortium will invest $831 million U.S. in the business over the next two years.

British retailer Tesco sold Homeplus to a consortium led by private equity firm MBK Partners, which will invest $831 million U.S. over the next two years. LEE JIN-MAN/THE ASSOCIATED PRESS

Canada's national pension plan makes more than it currently pays out in benefits, and the CPPIB invests the excess money. At the end of June, the fund totalled $268.6 billion.

Homeplus is facing criminal and civil lawsuits in South Korea after company executives including CEO Do Sunghwan were indicted in February for selling the personal data of millions of customers to insurance companies for marketing purposes.

THE CANADIAN PRESS

$6 billion

Homeplus was sold to a group that includes two Canadian pension plans, for $6 billion U.S.

$534M

The Canadian Pension Plan Investment Board contributed $534 million.

metro VIEWS
Your essential daily news
Tuesday, September 8, 2015

metro's election explainer

What are the parties promising to refugees?

metro The Syrian Crisis
The Response

It took the drowning of a three-year-old whose family hoped to settle in Canada to draw attention to the four million people who have fled Syria since 2011. The outcry has forced all the parties to articulate what they would do, if elected, to alleviate the humanitarian crisis.

Their promises pale in comparison the country increasingly seen as Syria's saviour. Germany — which, it should be said, was the source of millions of refugees during the Second World War — plans to process 800,000 people fleeing Syria this year. If Canada did the same per capita, we'd be welcoming close to 350,000. Here's where our leaders stand, and a look at their past commitments to refugees.

New Democratic Party: Promise to admit 10,000 Syrian refugees this year; 46,000 by 2019
Liberal Party: 25,000 this year
Conservative Party: 10,000 Syrian and Iraqi refugees in the next three years, on top of a 10,000 commitment made in January. (About 2,500 have been welcomed under Harper so far).

Tories
Stephen Harper said many times that Canada is doing its part to respond to the crisis by addressing what he sees as the root cause: terrorism in ISIL-occupied parts of Syria and Iraq.
Past participation The Progressive Conservative government of Joe Clark led an effort to settle 50,000 South Asian refugees in the wake of the Vietnam War in 1979.

Grits
Liberal Leader Justin Trudeau has called for a leaders' meeting to discuss the crisis — there's no sign of that yet — as well as calling for more than 10 times more Syrian refugees to be accepted than have been admitted to date.
Past Participation
The Liberal government of Pierre Trudeau responded to an ethnic cleansing of South Asians from Uganda by bringing in 7,000 refugees in 1972-73.

NDP
Leader Thomas Mulcair has said "no amount of military action" will address Syria's crisis, calling for "quick" humanitarian assistance instead.

Past Participation
New Democrats have never formed a federal government. But in the 1930s, J.S. Woodsworth, the leader of the party's predecessor, pleaded for acceptance of Jewish refugees fleeing Nazism, saying he felt "helpless and ashamed" about the country's lack of response.

Helping hand: A Syrian woman arrives Monday, via boat from Turkey, on the Greek island of Lesbos.
THE ASSOCIATED PRESS

The election explainer is dedicated to keeping urban Canadians informed ahead of the Oct. 19 vote. Look for it in this space throughout the campaign. Let us know what needs explaining: readers@metronews.ca

I don't limit my 13-year-old's gaming. Here's why.

Catherine Little
For Metro

I have a confession to make: My son, Alex, received his first hand-held video game when he was 3. My sister, with our permission, got Alex a Leapster, a child-targeted education gaming system, for Christmas.

He loved it. And soon he wanted more. In the early years, I learned every video game Alex wanted to play. Let's just say I got to be pretty proficient at Plants vs. Zombies, and even heard Alex brag to his friends about how his mom had beaten the game.

We'd sit on the couch, passing the iPad back and forth. We'd cheer each other on, discuss strategy and debate what the best buys for each level were. I started appreciating the skills and thinking needed to play the games successfully.

Now, at 13, my son spends all of his spare time on his iPad. This seems to bother his father a lot more than it bothers me. Alex has friends whose parents try to limit the amount of time their children play video games. Personally, I'm conflicted about how much is too much.

When Plants vs. Zombies gave way to more violent games, I started to worry, and I looked into the science. I needed help deciding if I should restrict how much time Alex spent doing what he loved to do. I've chosen not to.

Evidence is on my side. An emerging body of research hints that video games may be more than OK.

My husband, who is a doctor, used to worry Alex's gaming habit might harm his school performance. However, a large Australian study last year found no evidence video games had a negative impact on kids' grades. Even after the researchers looked at the international science, math and reading test scores of 192,000 students in 22 countries, they found that frequency of video game use had no significant effect on achievement.

But could violent games make my kid violent, or at least aggressive? Yet another apparently unfounded worry. A 2013 Springer study of 377 American kids found no association between violent video games and delinquency or bullying, even in children with depression or hyperactivity.

I breathe a little easier knowing I'm not interfering with his potential or encouraging hooliganism.

But what about those strategy games he always seems to be in the middle of when I say, "Dinner is ready"? Though they're hard to tear kids away from, research suggests the planning and multitasking required by these kinds of games may improve cognitive flexibility — the crucial ability to juggle more than one concept in your mind and switch fluidly between them.

Since Alex was little, many of his friends' parents have told us that they carefully restrict their kids' screen time.

I'm still not sure what to say to them. On one hand, I understand how difficult it is to live with a teenager who eats, breathes and sleeps video games. On the other, research doesn't support the idea that video games are the source of all evil, as some seem to think.

Despite being allowed to use all of his spare time gaming, Alex is an honour-roll student, swims at a high level, plays house-league baseball and is generally a nice kid. I'm not positive this is the right approach. But I spent as much time watching TV in my youth as my son now spends on his iPad. My parents worried I'd melt my brain, but it seems to have worked out OK for me.

Catherine Little is a Toronto-based science and mathematics educator and writer.

ROSEMARY WESTWOOD

metroview

A new argument for screen-free time: Avoiding advertising

It's a messaging minefield out there on the web.

Scrolling through social media feels like walking down a crowded market street to the shouts of vendors hawking hair extensions, even though they should know, by the hundreds of photos I've posted to social media, that I have a great hair.

This is modern life: suffering through the detritus of wonky algorithms that may or may not know you, and both options are bad.

No, Facebook, I don't want to click on the image of an overweight woman whose "SHOCKING New Look Has Him Kicking Himself".

First, I'm not into body-shaming. Second, I suspect it's sponsored content because none of my 635 Facebook "friends" post things like that. Third, I know it's sponsored content because, even though you've dressed up the avatar as the sexy brunette Sophia Jones, you've had to add that small "sponsored" tag.

BTW, Facebook, I'm also meh about zombie culture.

Instagram's no better. So I follow a few fashion designers. That's aspirational, maybe even masochistic. I can no better afford that Mercedes-Benz you've pushed into my feed than a Vera Wang dress. Even if I could, I tend to think unnecessarily expensive cars are a great way to advertise your warped priorities. (If you've driven by me in your Ferrari and I ignored you, it was on purpose.) Canadian Tire is more my price range, but Instagram should know that if I want to find out how to hang a picture, I won't look for a sponsored post. I'll Google it.

Elsewhere on the web, I am tormented by ads that are harder to deride and dismiss.

I'm considering visiting websites with products that I hate, just so I don't have to look at the dove-grey, large-face gold-rimmed watch I'd love to buy, but can't afford, or the soft white leather slip-on shoes that would look great with the wide-leg ankle-length slacks I am coveting.

It is cruel to have to research a story while images of things I want but cannot have rotate on repeat at the side of my screen.

Of course, this is the world now. We were told they'd start following us and anticipating our needs. When they don't get it right, it's to ridiculous effect. When they do, it's taunting.

Maybe a new argument should be made for screen-free time, one based not only on avoiding harmful blue light and scattered attention, but also on avoiding the reflection of who algorithms say you are. So you can just be.

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Trainspotting sequel with original players on track says director Danny Boyle

Rush weak for Canadian frats

FRATERNITIES AND SORORITIES

Why the Greek life is a much bigger deal on campuses south of the border

Given all the inequities foisted upon Canadian consumers compared to the spoiled shoppers to their south, it's safe to assume few have spent significant time dwelling on the absence of choice when it comes to wooden bum-spanking paddles.

But it's true.

Add tush-thumping paraphernalia to the list of goods where American consumers have greater options, only in this case the huge gap in choices between Amazon.ca and its American site tells a fascinating sociological story.

It's the story of fraternities.

The Greek-letter organizations are much more prevalent in the U.S., hence the bigger market for hazing instruments — or as the sellers describe them, stained-wood, engravable, spanking-themed college souvenirs.

How did this Canada-U.S. cultural divide occur? The answer goes back a couple of centuries, but a good starting point for understanding it happened in the summer of 1984.

Just days after Hollywood released Revenge of the Nerds, then-president Ronald Reagan signed into law the National Minimum Drinking Age Act, making it harder for anyone under 21 to score booze in a commercial establishment.

It just so happened that campus clubs were sitting on a few billion dollars' worth of private property, accumulated since the early 19th century — frat houses.

These houses have provided a sanctuary for insobriety in a way Canadian kids might not appreciate, given their ability to waltz into bars at age 18 or 19 and demand Molson's without fear of bouncers checking ID.

Revenge of the Nerds helped entrench fraternity life in American popular culture. 20TH CENTURY FOX/THE CANADIAN PRESS

"Greek life can dominate the social scene at (U.S.) colleges and universities," said Susan Lipkins, an expert on fraternity initiations who runs the site insidehazing.com.

"If you look at the universities you can say, 'Oh, it's only 10 to 20 per cent (enrolment),' one would think they don't have that much power. But they do...

"They're in charge of parties."

Enrolment numbers illustrate why there's so much more Greek-themed college memorabilia on Amazon.com than Amazon.ca.

Sorority membership has practically doubled in the last decade, with about 660 chapters in the National Panhellenic Conference. Only a dozen are in Canada. Same for fraternities: Tau Kappa Epsilon is the biggest in terms of chapters, with 259. Five are in Canada.

The original fraternity was founded at Virginia's College of William and Mary in 1776 — a century before the first Canadian fraternity chapters opened.

Inspired by medieval societies and their secret initiations, it was named Phi Beta Kappa because one founder was a recognized Greek scholar.

"Beer kegs, toga parties, and goldfish eating were not yet part of the Greek curriculum," says the book Inside Greek U.

As colleges opened to the masses, the culture changed.

When women and minorities arrived, some disturbing behaviour followed — including sexual assault and racial segregation. A 1952 incident telegraphed a new hyper-machismo: the state of Missouri called in the National Guard amid the bedlam of the earliest known panty raid.

They still offer benefits — professional networking and cheaper housing.

Canadian Supriya Dwivedi heard from American sisters that Greek life was their ticket to affordable housing and parties.

Which wasn't the case in Montreal.

"At McGill it wasn't like being in a sorority or frat was necessary or even viewed as being something cool," said Dwivedi, now a public affairs consultant.

"Most of the time when people found out I was in a sorority, their initial response was to ask me, 'Why?'"

As for the hazing, several Americans interviewed said it wasn't so bad. They compared it to military boot camp — an unpleasant means toward bonding.

They had to study obscure details about their fraternity and recite them under pressure. Delaware native Patrick Zingaro recalled only one incident: a cut on his elbow from being forced to lie in a basement.

That, and they made him drink a live goldfish. THE CANADIAN PRESS

20%

One benefit of Greek life especially relevant in the U.S.: remedying loneliness. Twenty per cent of American students leave their state, double the rate of Canadian undergrads who study out-of-province, according to Universities Canada's analysis of federal data.

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Sleep pods aren't everything

JOB SATISFACTION

Don't be fooled by office perks, research true work culture

Eleni Deacon
For Metro Canada

A scene from season 2 of HBO's Silicon Valley. A recent survey of engineers and developers found tech workers are less satisfied in their jobs than other workers. FRANK MASI/HBO

Wannabe tech workers might be enchanted by the promise of complimentary snacks and midday naps in egg-shaped sleeping pods.

Or the hefty paycheques, accompanied by generous signing bonuses and potentially hefty equity. The beanbag-chairs-everywhere stereotype is pretty utopian — but new research suggests tech workers aren't hitting "like" on their jobs.

In a recent survey of 5,000 engineers and developers, the app-maker TINYpulse found that, in every category of inquiry, tech workers were less satisfied than those in other industries. Only 36 per cent of tech employees see opportunities for professional growth, compared to 50 per cent in other industries. And while 69 per cent in tech say their supervisor has recently recognized their work, three quarters were feeling the love elsewhere. Most disheartening: When asked if they were very happy at work, only 19 per cent of tech workers answered yes, versus 22 per cent in other fields — a small but statistically significant disparity.

These ho-hum reviews challenge the notion that holy-cow salaries — i.e. the going rate for many tech pros — translate into everyday fulfilment. Making a comfortable income is undoubtedly a key contributor to employee contentment, since no one likes toiling for crumbs. But the survey points to a bevy of factors — understanding your company's values, feeling appreciated, having solid relationships with your colleagues, among others — that determine whether or not workers will spend every weekday longing for Saturday.

To dodge 9 to 5 misery, jobhunters should prioritize company culture as highly as cash — and perhaps even more than the nitty-gritty of the work itself. You may enjoy the actual tasks on your to-do list, but if your boss never notices your efforts, you don't agree with your organization's principles, or you can't stand spending 40 hours per week sharing a cubicle with Bob, it's likely you'll dread sitting at your desk. Culture can be tricky to evaluate during a job interview, but it's worth using your question period to pose some tactful — but hopefully revealing — questions about office life. Although Ping-Pong tables in the break room are fun, flashy cosmetic perks are not true indicators of corporate culture. By inquiring about the atmosphere in the office (whether it's chatty or quiet), the organization's mission statement, and professional-development opportunities, you won't just demonstrate a deeper-than-dollars interest in the position — it will also help you feel out whether a prospective employer aligns with your outlook and goals.

When seeking new work, it's easy to be seduced by the bottom line. But it's by reading between the lines that workers can land gratifying roles.

When it comes to on-the-job happiness, the value of a paycheck is no replacement for an employee's sense of self-worth.

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HEALTH

Stretches, healthy snacks and cat videos better than more coffee

Eva Kis
Metro | New York

Grabbing a coffee just delays the inevitable, but a good night's sleep will help give you the energy you need to get through the day. ISTOCK

We're all working longer hours, want to spend more time with our families and find a little something left over at the end of the day for ourselves. All of this means sleeping less, and one of the few legal ways to still be functional the next day is with the help of caffeine.

A cup (or four) probably won't do more than make most people jittery, but in concentrated doses, caffeine can be harmful. Last week, the U.S. Food And Drug Administration issued a warning about powdered caffeine after tying the deaths of two young, healthy men to overdoses. Try these tips for more effective, stimulant-free ways to stay awake.

Desk exercises

Fatigue isn't just in your limbs; You have to periodically reboot yourself head to toe. Roll your eyes and stare at a faraway spot for 20 seconds. Give your brain some mind candy by switching tasks when you're feeling sleepy to something that's fairly fast and easy, like answering emails or even watching cat videos (this has the benefit of lowering your stress levels just as playing with a real animal would). And deep breathing is not just for yoga class — boost your circulation while lowering blood pressure by inhaling using your abdomen.

Intelligent refuelling

Instead of reaching for an energy bar, or worse whatever is left in the office vending machine, grab something low in sugar and high in protein, like Greek yogurt (with fresh fruit), a handful of nuts or carrots with hummus. This is high-quality energy that won't leave you shaky from low blood sugar in a couple of hours. And remember to drink water: Thirst sets in when two to three per cent of your body's natural hydration is lost, but mental effects show up at as little as 1 per cent loss.

Total-body reboot

Sitting is killing us just as surely as smoking is, so the next time you're feeling sluggish, go for a walk. Even 10 minutes will boost circulation and energy for up to two hours. Bonus: Put some music on.

Get some sleep, already

Seriously, put down your smartphone, turn off the TV and go to bed. Even a single night of sleep deprivation makes you more sluggish, shortens your attention span and hurts your ability to learn. So get some sleep, before lack of sleep gets you.

Don't get schooled by big student debt

BUDGETING

Before sending your scholar off, have a chat about finances

Gail Vaz-Oxlade
For Metro Canada

Despite years of teaching my son about money, there was still ground left to cover before he headed off to college or university this year. How would he manage the money he'd need for tuition, books and living? Would he get and use a credit card? And when was it okay to call home to mommy?

Did you take the steps to make sure you've prepped your young 'un for their new, independent life?

1. Have the cash flow chat
Whether she's going to school using student loans, money from that diligently saved RESP or summer work savings topped up with help from mom and dad, it's time your daughter learned there's many mistakes to be made with a budget and wallet. Whatever she's got is likely more money than she's had to handle in her whole life.

Step 1 is allocating the money that will cover school costs: tuition, books and supplies, getting to and from school, and residence cost or first and last month's rent if she's living off campus. Don't forget the money for that first big grocery shop or to cover the student food plan. And set a little something aside for emergencies, say about $500.

Step 2 is splitting up what remains over the amount of time she'll be at school. Some programs run a full calendar year, so she'll need to spread the money over 12 months. If she's at school from September through April, divide what's left by eight to come up with a monthly budget amount.

Ah, the budget. Here's where essential expenses rub up against less important needs and wants.

2. Set an upper limit on debt
Since your child's student loan came relatively easily and without clearly defined limits, it may disappear just as quickly without a plan. The same is true for a student line of credit or the balance on a credit card. It makes no sense to take on more debt than he can ever afford to pay back, regardless of the form. So helping him understand how much debt is enough is important.

Here's a rule of thumb: He should plan to graduate with no more than his first year's net income in total debt. So if the job he's heading to will put $37,000 a year in his pocket after taxes, that's as much debt as he'll leave school with.

Credit card debt? Is that really a good idea?

Well the debt part isn't, but the credit card part is. There's no easier time to get a credit card than when you're in college or university. Students should take advantage of the opportunity by using that card to cover essential expenses like food, then paying the bill in full every month. That'll help them establish credit identity and teach the importance of tracking expenses.

3. Make your role clear
Calling home to mommy or daddy because your student couldn't resist the urge to buy shoes or got blotto-drunk and lost the weekly grocery money at poker shouldn't even be an option. Sure it's hard to watch kids tough out a difficult week or three. But part of living on their own is to learn that they can stand on their own two feet.

Introduce junior to concepts like cash flow well before he moves into residence. ISTOCK

SPONSORED CONTENT

Good first year habits

We've spent our lives hearing that it takes 21 days to form a habit. But according to a 2010 study in the European Journal of Social Psychology, it's actually closer to 66 days.

That is important to remember as your child settles into their first year of post-secondary education, says parenting expert Kathy Buckworth.

"For first-year students, so much changes that the more routine they have, the better," says Buckworth, author of six books, including I Am So The Boss of You: An 8 Step Guide to Giving Your Family The Business. "It brings back a comfort level. However, kids have to set their own routines. Moms and dads can't swoop in and dictate how things should be done."

But just because you aren't telling your child how to manage their schedules doesn't mean you can't be involved, Buckworth says. Leading by example and creating a safe space so your child can tell you about their newly formed habits without feeling judged are two ways of doing that.

"Keep the conversation going," she says. "But the thing I would emphasize is that parents can disrupt habits by being in contact too much or asking kids to come home if they are away at school. It makes it impossible to establish a routine."

SHUTTERSTOCK

Academics must be at the top of the "good habits to form" list, Buckworth says. It is the reason why students are at school and everything else should revolve around it.

"Find the study habits that work for you," Buckworth tells students. "If you find yourself staring out the window after 30 minutes, work a break into the way you study. Or you may discover that you work better for a three-hour period with no break. Also important is finding a place to study. If you are sharing a room, a library may be a better option."

– Izabela Szydlo

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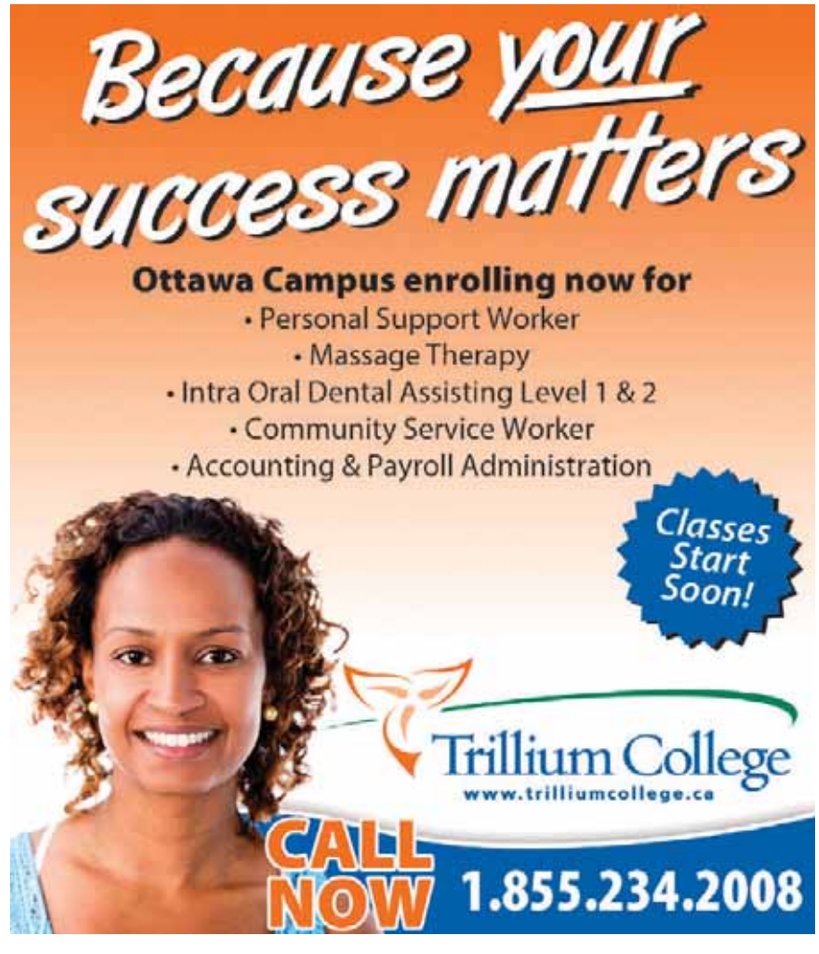

Dorms, done right

DESIGN & FUNCTION

Moving away is a big change — add personality to your room

Andrea Janus
For Metro

Starting university and moving away from home is one of life's great milestones, but moving into a dormitory can be a little scary.

One way to ease the transition is to give what is likely a pretty bland space a healthy dose of your own style and personality to make it feel less institutional and more like home.

Because your dorm room is the space you will live, sleep and work in while you're at school, you need to consider both style and function, said Dvira Ovadia, principal designer at Dvira Interiors.

Start by picking a theme, which could be a favourite colour, a pattern or some other motif that represents your personality or a favourite team or hobby, or something that is reminiscent of home.

You may not be able to paint a wall, but it's easy to bring the theme together with linens, particularly with bedding. You can find a bed-in-a-bag at most big-box and discount retailers, typically for less than $100.

"You'll get the duvet cover, the pillows, the decorative shams, and you're not paying a big-ticket price and you're getting everything co-ordinating and matching," she said.

"The last thing you want is to have it all mis-matched because then it feels like you are out of place. You want it to feel like home."

The walls can also help you bring in a theme. If you can't (or don't want to) paint, consider stick-on wall or window decals in a favourite pattern, shape, colour, or a team or band logo.

For a particularly useful and multi-purpose wall covering, consider tacking a series of corkboards to the wall, arranged in your own design to suit your own needs.

"It's a great opportunity for them to hang pictures of their family, pictures of home, and any memos from school or anything going forward with the year that they will need," Ovadia said.

A dorm room also becomes a popular hangout spot, but in a limited space seating will come at a premium. Bean-bag chairs are still easy to find, relatively inexpensive, and are comfortable for reading, lounging or listening to music.

"They aren't a hard and fixed piece of furniture, so it's something that can be tossed around the room in any corner," Ovadia noted.

Finally, don't forget about security. When living in a shared space with hundreds of strangers, you should have the option of locking away your laptop, iPhone or tablet.

Pick up a lock at Home Depot or a hardware store and drill it into a bedside table or trunk.

Clockwise, from top left: Joby 11 storage bench, $142, Rona.ca; Kikkerland Design gooseneck tablet holder, $22, Kikkerland.com; Aneboda wardrobe in white, $99, Ikea.ca; Quartet cork tiles, 12" by 12", $12.99/4-pack, Staples; Rustoleum chalkboard paint, $26.99, Rona.ca; Bushel stackable utility/laundry basket, $12.98, Staples. Bean bag chair, $39.97, Walmart.ca;

DOUBLE DUTY

When space is at a premium, functional items that do double duty are key. Here are a few that dorm-dwellers should consider.

Shoe organizer: This can hang on a closet or wardrobe door and the pouches don't have to hold shoes. Use this as a jewelry organizer, or a place to hold snacks.

Storage bench: Store anything from books to linens to laundry inside, while having extra seating for friends.

Tall wardrobe or bookcase: Fill these with baskets or boxes that can store pretty much everything a student brings to a dorm, from toiletries and tech gadgets to books, clothes and shoes.

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Frugal experts share college saving tips

THRIFTY STUDENT

Keep your bills low and the grades high

Analise Smart
For Metro

Higher education is a time of learning, and with education costs being what they are, budgeting is crucial information for students.

Stats show that half of the students enrolled in bachelor's programs in Canada are getting loans to finance their education, with the average debt accrued hovering around $26,000. While graduating debt-free is not realistic for everyone, all students can benefit from being money mindful.

BOOKS

Celestian Rince, who, along with his girlfriend, chronicles their goal to retire in their 30s in the Incoming Assets blog, said he realized during university that buying textbooks could be a "money pit."

"They have a lot of the textbooks available to check out at libraries and most students don't even know about it. I was able to go through some courses without ever buying the books."

If this is not an option, Justin Bouchard, co-author of More Money For Beer And Textbooks: A Financial Guide For Today's Canadian Student, suggests looking for used copies. "The campus book store is convenient, but you may be able to save some money shopping on amazon.ca or get a second-hand one from putting up posters or using Kijiji," he said.

TUITION

Student loans, as useful as they are, aren't free money, and will have to be paid back with interest. "Obviously, it's better to not get any student loans at all," Rince said.

While he concedes that this is "impossible" for some students, everyone can look into bursaries and scholarships.

"It'll just take a couple hours to research what's available at your university."

FOOD

Bouchard said one of the biggest costs that students in residence can save is on food.

"One meal out can cost the same amount as lunches for the other four days of the week." While most students living on campus have to buy a meal plan, Bouchard said they can buy a smaller plan if they aren't big eaters and get a mini-fridge that they can stock with breakfast items and snacks. Big eaters though, he said, should choose an "unlimited" plan.

ENTERTAINMENT

"Universities in particular are one of the best places for free or really low-cost entertainment," Rince said.

He cautions against going out and drinking too much, suggesting students can buy from the store and stay in some nights. Taking this idea one step further, Bouchard said home-brewing is another way to save money.

Graduating debt-free is not realistic for everyone, but all students can benefit from being money mindful. SHUTTERSTOCK

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When a cheer off just won't cut it

Get involved in orientation week. SHUTTERSTOCK

Rah rah rah. Sis-boom-bah ... humbug?

While orientation weeks can be a great way for new students to get familiar with their campus and make new friends, the traditional frosh experience is not for everyone.

As a committee member, leader and, most recently, the 2013-14 Dalhousie student union president, Sagar Jha has been involved with six different orientation weeks (he doesn't use the term frosh week, which he says has a negative connotation) and says there is value in both time-honoured traditions and out-of-the-ordinary options.

"Traditional events have a massive draw and involve a big crowd," he said.

Some events he participated in included a house-wide cheer-off, a city-wide scavenger hunt, and a talk about consent and sex, which he says was the most well-attended event on campus.

Alternative events like skill swaps, open mics and pick-up basketball drew a much smaller crowd, but were still well-attended. His personal favourite was "leading a group of 60 students through a local park and teaching them about edible plants and how to make tea out of local flora."

Jha is a big believer in orientation weeks (he cautions students to make sure events they are involved in are university sanctioned) and says alternative options are necessary.

"The alternative events provide a good break for anyone who is tired from the large crowd, hustle and bustle, quick interactions with many new people," Jha said. "If orientation week is set up in a way where it's not providing something for everyone, it is not providing any orientation and privileges people who enjoy large-scale events over specialized ones."

Students can find out about these events through their orientation packs, or orientation week leaders, and if what they want is not offered, the school should be able to help them create it.

"Having one first-year student sit out is a failure on the university and student union's part," he said. "I fundamentally believe there is a community for every student to meaningfully engage in when they arrive. If there isn't, then it is the duty of orientation week to empower that student to build that community within the university environment."

ANALISE SMART/FOR METRO

Tastier than a balanced meal, but not as healthy. SHUTTERSTOCK

More to food than beer, pizza

Analise Smart
For Metro

Between adjusting to campus life, meal plans offering convenience foods, and a culture where drinking tends to be the norm, living off more than beer, candy and pizza can be testing for university goers.

But for students looking to prioritize their health, not eating like garbage is an attainable goal.

Casey Berglund, a dietitian based in Calgary and spokesperson for Dietitians of Canada, says there are ways around the obstacles.

"Optimal nutrition really does impact your ability to learn and stay healthy and manage stress during those university years. So absolutely I think it should be a priority for students."

While meal plans for first-year students are limiting, they can also be helpful. Berglund recommends researching cafeterias ahead of time.

"Most cafeterias have their menus online so you can take a peak and plan ahead."

Look for a balanced meal that consists of a veggie or fruit, a healthy grain and a source of protein, like lean meat or something plant-based such as nuts or beans. Also look out for how it is prepared.

"If you're seeing words like fried or deep fried, that's going to be less healthy than grilled or steamed."

She also advises getting a mini-fridge, where healthy snacks like fruits, veggies, and breakfast options such as whole grain breads and nut butters can be stored. Trail mixes and other non-perishable snacks will also come in handy during those late-night study sessions.

While drinking alcohol is often the norm on campuses, Berglund cautions against it. While students can choose alcohol that has less calories (subbing club soda for pops in mixed drinks, for example), she says the takeaway is really to avoid going overboard.

"Sometimes moderation isn't a word in the vocabulary of a university student when it comes to alcohol, but it's definitely recommended."

metro SPORTS

Usain Bolt has called an end to his season, shifting his focus to the Rio Olympics

Tuesday, September 8, 2015

Jays knocked off by Sox

MLB

Toronto loses for just the fourth time in past 16 games

The Toronto Blue Jays are trying to slug their way to an AL East title.

They'll need better pitching than this, though.

Jackie Bradley Jr. had four hits with a two-run home run and four RBIs, Rick Porcello pitched into the eighth inning and the Boston Red Sox beat the division-leading Blue Jays 11-4 Monday.

The Blue Jays lost for just the fourth time in 16 games, but had their lead atop the East sliced to a half game over the New York Yankees, who beat Baltimore 8-6 on Monday.

Working on seven days' rest after complaining of fatigue, Mark Buehrle (14-7) gave up five runs on nine hits in 3-1/3 innings. The bullpen wasn't much better, giving up six runs on eight hits.

The Blue Jays lost the opener of their last series in Baltimore 10-2 but responded to win the next two games.

Toronto manager John Gibbons said he has "some concerns" about Buehrle, who has had a couple of tough outings recently.

The veteran left-hander said he felt fine.

"I felt better today than I have in the last couple," he said. "It's pretty much September is what it was. It was just one of those days where their offence was there. I'll take today — besides the results — just about any day."

Red Sox catcher Blake Swihart tags out Jose Bautista after the Blue Jays right-fielder struck out on a pitch in the dirt in Boston, Monday. WINSLOW TOWNSON/THE ASSOCIATED PRESS

Josh Donaldson and Justin Smoak each hit solo homers for Toronto. Donaldson's was his 37th.

Toronto leads the majors with 191 homers and 750 runs.

Bradley added two singles and a double and Travis Shaw hit a two-run homer for Boston, which posted its fourth straight win and eighth in 11 games.

"I'm not trying to force anything," said Bradley of his recent offensive surge. "I'm trying to swing at strikes."

Porcello (7-12) had his third consecutive strong start since coming off the disabled list following a right triceps strain. He allowed four runs — three earned — and eight hits over 7-1/3 innings.

David Ortiz had a pair of doubles and an RBI. The second was high off the Green Monster — below a sign with the white numbers "497" that signify his chase to become the 27th player to hit 500 career homers.

THE CANADIAN PRESS

MONDAY In Boston

11	4
RED SOX	BLUE JAYS

REHAB

Right-handed pitcher Marcus Stroman, who tore a ligament in his left knee during spring training, made his second rehab start Monday, giving up four runs on eight hits over three innings for triple-A Buffalo.

PGA

Fowler on the money at Deutsche Bank

Rickie Fowler delivered all the right shots Monday at the Deutsche Bank Championship, and then he delivered some champagne.

He stood near the wood railing overlooking a dozen rows of reporters, hoisting an empty bottle in one hand and a microphone in the other.

"Let's finish off the year right," Fowler said.

He certainly showed he is capable after a tense duel with Henrik Stenson at the TPC Boston.

TOP 5

FedEx Cup standings

1) Jason Day
2) Jordan Spieth
3) Rickie Fowler
4) Henrik Stenson
5) Bubba Watson

Trailing by three shots early on the back nine, Fowler rolled in a 40-foot putt on the 14th hole to pull within one and then seized control when Stenson hit a towering tee shot that came down short and into the water for double bogey on the par-3 16th.

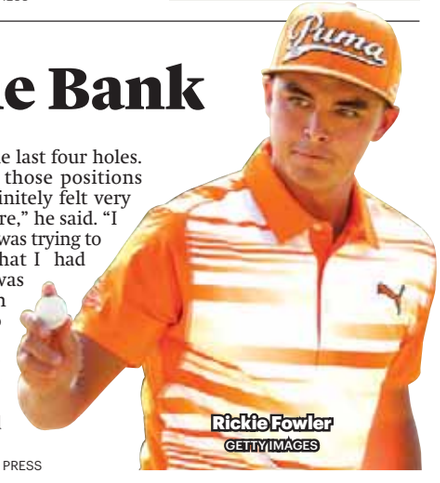
That combination sent Fowler to another big win. He closed with a 3-under 68 for a one-shot victory that assured him of a spot in the top five at the Tour Championship and a clear shot at the $10-million bonus in the FedEx Cup.

Fowler won The Players Championship in a three-hole playoff in May. He won the Scottish Open with three birdies on the last four holes.

"Being in those positions before, I definitely felt very calm out there," he said. "I knew what I was trying to do. Knew what I had to do. And was very much ready to do it."

With the win, Fowler moved to No. 5 in the world rankings.

THE ASSOCIATED PRESS



Rickie Fowler
GETTY IMAGES

IN BRIEF

Azarenka, Wawrinka advance to quarter-finals

Victoria Azarenka and Stan Wawrinka, both two-time Grand Slam champions, make trips to the U.S. Open quarter-finals an annual affair.

Their experience showed Monday against American opponents who don't know how it feels to go that far at a major.

Azarenka, whose ranking is down to 20th after two injury-plagued seasons, beat 46th-ranked Varvara Lepchenko 6-3, 6-4 on Monday, while the fifth-seeded Wawrinka won his match against Donald Young 6-4, 1-6, 6-3, 6-4.

THE ASSOCIATED PRESS

Mueller double puts Germans in control

Thomas Mueller led Germany to a 3-2 away win over Scotland on Monday as the world champions took a big step toward European Championship qualification.

Mueller opened the scoring in the 18th minute and claimed his second in the 34th, six minutes after Scotland had equalized through Mats Hummels' own goal.

James McArthur pulled Scotland level for a second time two minutes before the break, but Mueller and Ilkay Gundogan exchanged passes for the latter to claim Germany's winner in the 54th.

With two games remaining, Germany is assured of at least a playoff place and needs just one more point to assure qualification.

THE ASSOCIATED PRESS

Ticats hammer Argos

Zach Collaros and the Hamilton Tiger-Cats regained their Tim Hortons Field swagger Monday afternoon.

Collaros threw four TD strikes to lead Hamilton to a convincing 42-12 Labour Day victory over the arch-rival Toronto Argonauts. The Ticats were coming off a 26-23 loss to Montreal on Aug. 27 that snapped their 10-game win streak at the new stadium.

Collaros finished 26 of 38 passing for 400 yards.

THE CANADIAN PRESS

RECIPE Grilled steak niçoise with red potatoes, green beans and olives

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

Ready in
Prep time: 15 minutes
Cook time: 15 minutes
Serves 4

Ingredients
- 4 oz red-skinned small potatoes
- 2 oz green beans, trimmed
- 6 oz lean good quality steak (New York strip, top sirloin or beef tenderloin)
- 6 cups baby spinach
- 1/3 cup sliced black olives
- 1 1/2 cups ripe tomatoes, cut into large chunks

Dressing
- 2 Tbsp olive oil
- 2 Tbsp lemon juice
- 2 tsp Dijon mustard
- 1 1/2 tsp honey
- Salt and pepper

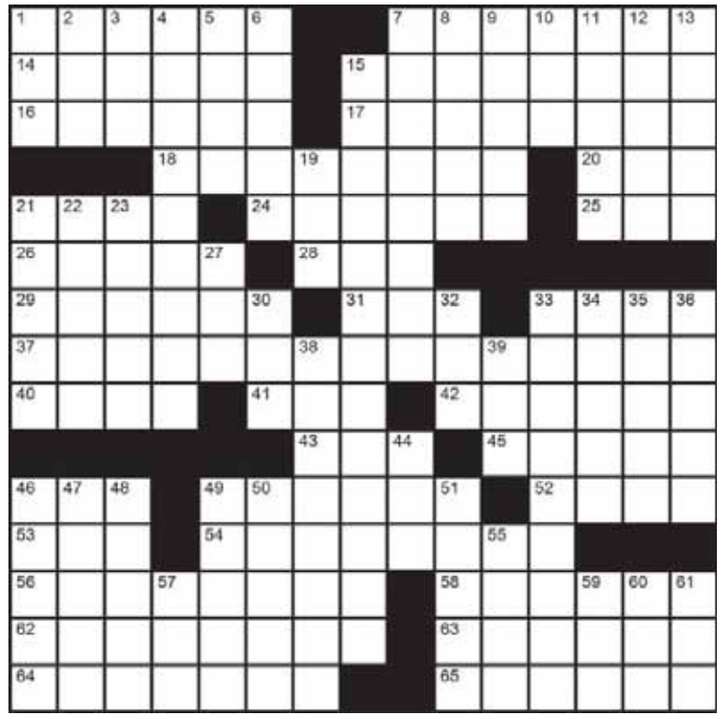
Directions
1. Add potatoes to a pot of water and bring to a boil. Boil for 12 to 15 minutes, just until tender. During last two minutes of cooking, add green beans. Drain and rinse with cold water until no longer warm. Slice potatoes in 1/4-inch thickness.
2. Meanwhile, grill steak until medium rare or done to your preference. Let rest for 10 minutes. Slice thinly.
3. Dressing: combine all ingredients in small bowl.
4. Add spinach to large serving platter. Add 2 Tbsp of mixed dressing. Place potatoes, beans and steak, olives and tomatoes over top spinach. Pour over remaining dressing.

Nutrition per serving
- Calories 230
- Protein 16 g
- Carbohydrates 18 g
- Fibre 3 g
- Total fat 11 g
- Cholesterol 25 mg
- Sodium 390 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Noise from an unclear radio station
7. Games galleries
14. Martial Art from Japan
15. Landline signal: 2 wds.
16. Beaches: French
17. Debate
18. Port city in Ontario where Dundurn Castle is located
20. __ generis (Unique, in Latin)
21. Do this as a craft
24. Tea type
25. Pantry item
26. Baseball feat
28. Louisiana's li'l locale
29. Muse of astronomy
31. Backup singer to Gladys
33. Nautical hook
37. Canadian singer/songwriter Lindi Ortega's new album: 2 wds.
40. Secondhand
41. Diamond stud locale
42. Elegant court dance
43. Booming times
45. With much merriment
46. Alphabetic trio
49. Seasoned stew sort
52. Chows
53. Veil heroine in ancient Greek myth
54. One who sets goals and meets them
56. Dreams up
58. Groucho Marx facial feature, hip-style
62. One receiving an induction
63. Teatime treat
64. Stupendous
65. From that point, archaically

DOWN
1. Tree drink
2. Poetic contraction
3. "_-_-_ Pablo" (Short-lived 1984 sitcom)
4. Constricted
5. Brain wave
6. Popular fashion mag
7. __-__-__ missile
8. Really criticize: 2 wds.
9. Held on
10. Bank-in-the-wall, commonly
11. Perform/accomplish, archaically
12. Boredom
13. __ __ order (Sort)
15. Swimmer of the North Pacific that appears to be an Orca because of its markings, but it's not, it's a what?: 2 wds.
19. Cash substitute letters
21. Name by which Cheops (the Pharaoh who commissioned the Great Pyramid of Giza) is also known
22. Ms. Ephron's
23. "_ __ it!" (Arriving-one's exclamation)
27. Free
30. Birthday celebrant's new number
32. Arthur Gordon __ (Edgar Allan Poe title character)
33. Canada Dry product: 2 wds.
34. "Be-Bop-_-__": Gene Vincent hit of 1956
35. England: London's famous __ Street
36. Lovely parties
38. "Last Comic Standing" audience reaction
39. By way of
44. Litigate
46. Canadian impressionist Mr. Little's
47. Snob
48. Large weight unit
49. French painter Mr. Dufy (b.1877 - d.1953)
50. Ghana's capital
51. Clicker-holder's target: 2 wds.
55. Engrave
57. Shortened title for Elvis' manager
59. Laura Linney flick, "You __ Count on Me" (2000)
60. __-_ (Fruit drink)
61. "..._ I saw Elba."

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
It does not matter if others doubt your abilities — you know you have what it takes to succeed and no one and nothing can stop you. Today's Mars-Uranus link will multiply your confidence tenfold.

Taurus April 21 - May 21
Some will tell you that changes you made on the home front should now be changed back again but don't let them persuade you. You can already see that the future is more exciting.

Gemini May 22 - June 21
You won't hesitate to speak your mind today. Your words will be short, sharp and to the point — just make sure that what you say is backed up by facts.

Cancer June 22 - July 23
Your all-or-nothing attitude to situations will make sure you win and win handsomely. But take care you don't create resentment. Secret enemies are more dangerous than open ones.

Leo July 24 - Aug. 23
The whole world could be against you now and it would not worry you one little bit. Today, more than most days, you can accomplish remarkable things, because you have total self-belief.

Virgo Aug. 24 - Sept. 23
Someone is keeping a secret from you. The best way to find out what is going on is to feign indifference. If you pretend not to care they may let the cat out of the bag.

Libra Sept. 24 - Oct. 23
If you take a stand on an important issue today you will find that other people rally to your cause. Make this the day that you start to make a difference.

Scorpio Oct. 24 - Nov. 22
Today's Mars-Uranus link will bring you face-to-face with the kind of situation you usually go out of your way to avoid but if you confront it with courage and refuse to back down you will come through unscathed. To some you may even be a hero.

Sagittarius Nov. 23 - Dec. 21
You are in the mood to change your life for the better. A change of employment is possible and maybe a change of location too.

Capricorn Dec. 22 - Jan. 20
The changes you are working on may not be easy but you must stick with them because they will make your life better in so many ways. The only things you are liable to lose are things you no longer need.

Aquarius Jan. 21 - Feb. 19
You seem to be on the receiving end of other people's criticisms quite a lot of late. Ride out the storm and look forward to the time when you can point out that you were right and they were wrong.

Pisces Feb. 20 - March 20
The planets show you have been working too hard. Your priority is to rearrange your schedule so as to give yourself more time to relax.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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